

# THE MESSENGER

Summer 2010 Lynchburg/Central Virginia Emmaus

## UPCOMING

### Gatherings:

August: 14th  
September: 11th  
October: 9th  
November: 13th  
December: 11th

Pot Luck Social at 6:00 pm  
Worship Celebration at 7:00 pm  
Heritage UMC

### Emmaus Day of Training:

October 16, 2010 @ 9:00 a.m.  
Heritage UMC Fellowship Hall



### Spring Walks 2011:

#### Men's Walk #66

March 24 - 27  
George McConnell, LD

#### Women's Walk #67

April 7 - 10  
Brenda Murphy, LD

## Emmaus Day of Training

Hello Emmaus Family!!

DeColores!! Since we will not be having a Fall Walk we will be having an Emmaus Training Event!! This event will count as a Day of Deeper Understanding for those who have not attended one yet. This event is being held to give those of us who want to serve in Emmaus a better understanding of the positions that are available on each walk, the steps needed to be followed in order to serve.

This Event will take place on October 16, 2010 at Heritage United Methodist Church Fellowship Hall, beginning at 9:00 A.M. with a worship service and communion before the actual sessions begin. If you are interested, please fill out a registration form, which can be found via the Emmaus website or at each Gathering before the event. Each session will last about an hour and you will be able to attend 4 that day. You will have an hour for lunch, but you will need to either bring your lunch or send \$5.00 for a box lunch that we will go pick up for you. The information you need for sending the money is provided on the registration form.

We hope this event will be helpful to all who attend and we look forward to seeing you there!!

De Colores!!

Debra Francis

L/CVA Emmaus Walk #53 (Chair of Training)

And they said one to another, Did not our heart burn within us, while he talked with us by the way, and while he opened to us the scriptures?  
—Luke 24:32

## Virginia Spring 2010 Walks to Keep in Prayer

Sept 23- 26: Richmond Men's Walk  
Sept 30-Oct 3: Dan River Men's Walk  
Oct 7-10: Shenandoah Valley Men's Walk  
Oct 7-10: Peninsula Rainbow Men's Walk  
Oct 14-17: Shenandoah Valley Women's Walk  
Oct 14-17: Dan River Women's Walk  
Oct 14-17: Southwest Virginia Emmaus Men's Walk

Oct 14-17: SonShine Emmaus Women's Walk  
Oct 21-26: Southwest Virginia Emmaus Women's Walk  
Oct 28-31: Richmond Women's Walk  
Oct 28-31: Peninsula Rainbow Women's Walk  
Nov 4-7: Southwest Virginia Emmaus Men's Walk  
Nov 11-14: Southwest Virginia Emmaus Women's Walk



### *Lessons from a Chicken*

When you picture a magnificent flying bird, it is usually not a chicken that comes to mind. I've never seen a chicken portrayed in flight—many eagles, but no chickens. We quote the Scripture from Isaiah 40:31 that talks about being borne up on the wings of eagles or with wings like eagles. There is a difference, however, between being on His wings and being under His wings.

The promise in Psalm 91 is not elaborating on the flying wing but on the sheltering wing, when it says, "He will cover you with His pinions [feathers], and under His wings you may seek refuge..."

One indicates strength and accomplishment, while the other denotes protection and familiarity. When you imagine the warmth of a nest and the security of being under the wings of the nurturing love of a mother hen with chicks, it paints a vivid picture of the sheltering wing of God's protection that the psalmist refers to in this passage.

Is everyone protected under the wings? Notice that it says, "...you may seek refuge". Again, it's up to us to make that decision. We can seek refuge under His wings if we choose to.

The Lord gave me a vivid picture of what it means to seek refuge under His wings. I heard of a story that one spring an old mother hen hatched a brood of baby chickens. One afternoon when they were scattered all over the yard, and suddenly there was the shadow of a hawk overhead. What happened next taught me a lesson I will never forget. That mother hen did not run to those little chicks and jump on top of them to try to cover them with her wings. No!

Instead, she squatted down, spread out her wings and began to cluck. And those little chickens, from every direction, came running to her to get under those outstretched wings. Then the hen pulled her wings down tight, tucking every little chick safely under her. To get to those babies, the hawk would have to go through the mother.

When I think of those baby chicks running to their mother, I realize it is under His wings that we may seek refuge—but we have to run to Him. "He will cover you with His pinions, and under His wings you may seek refuge." That one little word may be a strong word. It is up to us. All that mother hen did was cluck and expand her wings to tell her chicks where to come.

Scripture shows the maternal hovering side to His protection. "Jerusalem, Jerusalem ... how often I wanted to gather your children together, the way a hen gathers her chicks under her wings, and you were unwilling," (Matt. 23:37). Notice the contrast between God's willingness and our unwillingness: His wanting and our not willing to ... His would against our would not. What an amazing analogy to show us that He offers protection that we don't accept.

It is interesting that Jesus uses the correlation of maternal love to demonstrate His attachment to us. There is certain fierceness to motherly love we cannot overlook. God is deeply committed to us—yet at the same time, we can reject His outstretched arms if we so choose. It is available, but not automatic. God does not run here and there, trying to cover us. He said: "I have made protection possible. You run to Me!" And when we do run to Him in faith, the enemy then has to go through God to get to us. What a comforting thought.

~Kim



### **A Message from the Community Spiritual Director**

I have loved Emmaus since I first took my walk in the spring of 1990. During the course of that walk God gave me new insight into the true meaning of love and restored my joy as a Christian. I love the Lynchburg Emmaus Community and it has been a blessing to serve our Lord with you in a variety of ways.

What I would like to share in this newsletter is something dear to my heart. As you are aware, most of the churches in this country have been on the decline since the 1960's. It was at that time that Sunday School attendance turned downward, the church as a family & community center became a fleeting reality, and people outside the church began to slip away as regular attendees at special events such as homecomings and revivals. Of course, there were other factors. Those I have mentioned are only a few examples I felt we could all recognize. Within this context, I have long felt that Emmaus has so much to offer in turning such trends around.

Compounding the challenges mentioned above, I am also aware that power structures in the local church can be discouraging at times. I am not so much speaking of boards or committees here, but recognizing that there are individuals, families or subcultures in most established congregations who have a tendency to resist change while insisting that things be done in certain prescribed manners.

Now envision an enlightened pilgrim returning home from the Emmaus mountaintop filled with love, excitement and ready to be a joyous instrument of change within his or her local church fellowship. Though not always the case, too often this new found excitement is met with indifference, resistance and even disbelief.

Over time there is a danger that one or both of the following may happen. First, as this wonderful mountaintop experience is eclipsed more and more by the passage of time, it may slip away into a mere memory. Second, a person may become so fed up by a particular congregation the decision is made to move on to another church fellowship. In response to each of these scenarios I would share the following.

First, do not allow yourself to be robbed of the joy and love God gave you on the mountaintop. Get yourself into a reunion group and attend faithfully. Come to the monthly gatherings and make them a priority. Become actively involved in working behind the scenes on community walks and should God call you at some point, serve as part of an Emmaus team on a weekend. In addition, prayerfully ask God to guide you in approaching and sponsoring a family member, friend or congregation member on a walk. If you cannot afford to sponsor, especially during the current economic downturn, let someone on the Emmaus Board know and we will be glad to help work this out with you. Just remember, so many in the church and community have a hard time understanding the mountaintop experience because they have not yet been there.

Second, I would advise that you not leave the congregation where God has placed you unless you are sure He is leading you to leave. The worst congregations are those who have been deprived of God's light the most. When you leave, you take the light of Christ that is shining through you, with you.

The purpose of Emmaus is to strengthen local congregations. Where churches have been set in their ways for so long, this is seldom easy. When I get discouraged, I think of faithful missionaries who may serve in an area of the world, isolated and alone. Sometimes they may go one, five or even ten years without even one convert. Why then do they stay? God has called them to be there and because God is faithful.

Above all, let us ever keep the many challenges before us and each other bathed in prayer each day. God continually bless you on your fourth day. Know that I and all the Emmaus clergy dearly love you, and appreciate all you do in His name.

De Colores!

Riley

And they said one to another, Did not our heart burn within us, while he talked with us by the way, and while he opened to us the scriptures?  
—Luke 24:32



Treasurer's Report as of 7/19/2010  
Total Balance: \$3,692.43  
Jessie Askew Fund: \$1,410.70  
General Funds: \$2,281.73

To Mail Scholarship or General Donations:  
L/CVA Emmaus (or Chrysalis)  
PO Box 11942  
Lynchburg, VA 24506-1942



## Emmaus Champion

What is an Emmaus Champion? Simply put, an Emmaus Champion is you.

For the past few years, the L/CVA Emmaus Community has been experiencing a peculiar season of trial. This is evident in the fact that Fall Walks have had to be cancelled for previous years and indefinitely into the future. Many have racked their brains as to what is causing this disinterest and lack of participation and how to alleviate it. While there have been some predominant reasons identified, the common denominator has been the lack of communication.... Enter the Emmaus Champion.

A couple of months back, an idea was brought before the Board about the possibility of those in our Community (either Emmaus or Chrysalis) who could carry the banner of Emmaus in their local church. This person would be the 'go-to' contact for anything Emmaus in their local church, whether its speaking to a potential Pilgrim, explaining the responsibilities of sponsorship, or just general communications. This person would be an incredible asset to this ministry and ultimately, His Kingdom. Are you available?

In the next few months, we will be focusing on this new role in our Community. Opportunities to sign-up will be made available at the Gatherings or you can [e-mail](#) me. We will have a special page on our website, create an exclusive message board, and start e-mail communications. More information to follow.....

De Colores!!

Brian Hartsell, L/CVA Emmaus Walk #47

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## Emmaus Prayer

Lord Jesus, like those disciples on the road to Emmaus, we struggle to recognize you in the everyday journey of our lives. We seek your wisdom in the midst of the questions we have about the circumstances we find ourselves in - circumstances sometimes beyond our control, but often of our own making.

Open our eyes, Light of the World, to your work of transformation in and around us. As we walk with you day by day, may your new life be made manifest in what we say to others. Help us to understand the power of our words to hurt or to heal; give us the graciousness to make all our conversations holy.

You were known to the disciples in the breaking of the bread. May your resurrection presence guide us in the decisions we make about what we take into our bodies - especially what we eat and what we drink. Help us to understand our eating and drinking as sacred events, not to be abused or approached mindlessly.

So often we forget, Holy One, that you invite us to abide with you; to have our lives hidden in you. We thank you that you travel with us in our joys and our concerns.

Amen



Please visit our updated web site at: <http://lynchburgemmaus.com/>

Please visit and sign up for our new Message Board at: <http://lynchburgemmaus.proboards.com/>

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